

Louisville's Fitness Parks

Your Guide
to
Louisville's
Best Parks
for
Exercise



**METRO
Parks**
www.metro-parks.org

Join The Mayor's Healthy Hometown Movement

In less than two years, **The Mayor's Healthy Hometown Movement** has taken significant strides toward creating a new culture here in Louisville where physical activity and good nutrition are becoming part of our everyday lives. Helping people make healthier choices continues to be a priority, but much of the more recent news is good. Our residents are engaging in more physical activity than in the past. If that trend continues, we hope to see rates of heart disease and diabetes decline as well as see the increased consumption of fruits and vegetables and other healthy food go up.

The Mayor's Healthy Hometown Movement encourages individuals, neighborhood groups, churches, schools and businesses to implement their own physical activity programs and track them through a team approach.

Nowhere can you engage in healthier behaviors more easily and conveniently than in our many and varied parks. In fact, we see our Metro Parks System as being the biggest (and obviously most economical) fitness club in the city!

From our Mayor's Miles, which make it very easy to track your progress, to the opening of our golf cart paths for early morning walkers, we've looked for and implemented ideas that contribute to making healthier choices about how you live and how you exercise.

Our parks also offer a wide range of planned recreational activities to provide plenty of opportunities for teamwork and camaraderie.

Metro Parks is a critical piece of our community's commitment to health and wellness and an incredible resource for anyone who wants to join **The Mayor's Healthy Hometown Movement!**

We all benefit when we Move It, Louisville!

For more information about how to develop your own individual or neighborhood group activity program, click on **The Mayor's Healthy Hometown Movement** at www.louisvilleky.gov/health/mhbm.



Dear Louisville Metro Citizens:

Now that our Healthy Hometown Movement is underway, it's even more important for you to discover the value of our Metro Parks system. With 123 parks covering more than 14,000 acres, your Metro Parks are Louisville's largest health club, and most of what they have to offer is available at no cost! While any of our parks are great places to burn a few calories, this brochure features ten parks that offer a great combination of recreational opportunities to help you achieve your personal fitness goals.

Metro Parks can serve your fitness needs throughout the year. Our community centers offer exercise equipment and fitness classes, and the indoor Mary T. Meagher Aquatic Center offers a modern pool and fitness center year-round. Visit www.metro-parks.org or check the Blue Pages to find a facility near you.

Through our Healthy Hometown Movement, I'm working with business and civic leaders to find ways to fight our area's alarming rates of obesity and inactivity, in order to create a Healthy Hometown. I urge you to join the cause and get fit in your Metro Parks!

Jerry E. Abramson, Mayor

Key to Map Symbols

	Amphitheater		Parking Area
	Ballfield		Paved Path
	Basketball Court		Picnic Area
	Bike Walking Path		Playground
	Boat Ramp		Restroom
	Building		Shelter Lodge
	Bus Route		Soccer Field
	Cross Country		Splash Pool
	Disk Golf Course		Street Road
	Fishing Area		Tennis Court
	Golf Course		Treeline
	Hiking		Unpaved Trail
	Park Boundary		Water Feature

1.0 The exercise paths in this book are marked with mileage figures to help you track your progress, as part of the Mayor's Healthy Hometown Movement. For more information, visit www.louisvilleky.gov/health/mhmm.

Several Metro Parks are now home to the Mayor's Miles; those parks are listed on the last page of this booklet. Look for green dots along the exercise paths in these parks. 10 dots equal one Mayor's Mile!

Look for these graphics at the bottom of each page in this booklet - where the first is included, it will tell you which bus lines serve the park on that page. The second will show you where in Louisville Metro the park is located.

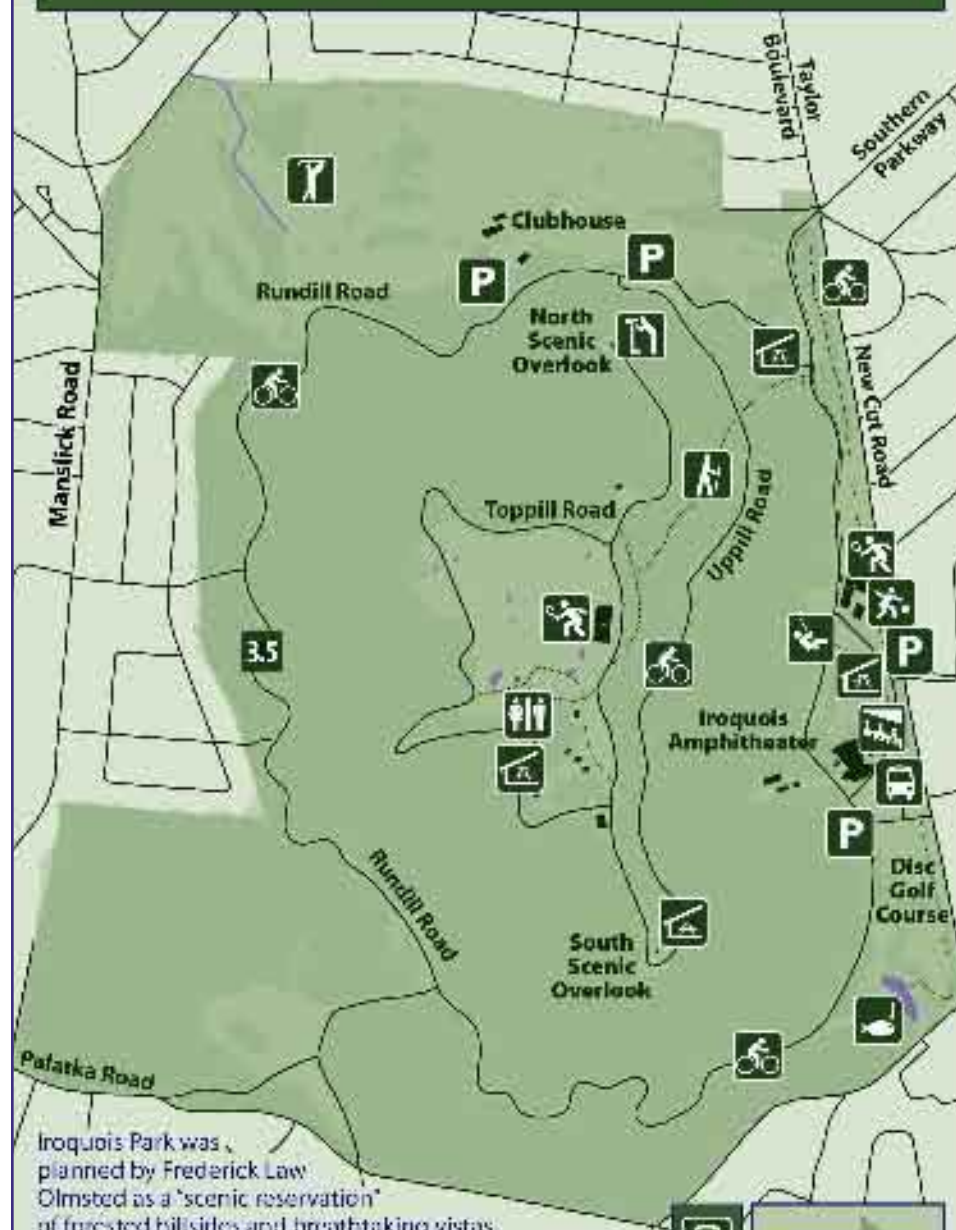


01
02
03



Iroquois Park

Southern Parkway and
Taylor Boulevard



Iroquois Park was planned by Frederick Law Olmsted as a "scenic reservation" of forested hillsides and breathtaking vistas.

The park features the Iroquois Amphitheater, a renovated 2,500 seat open-air arena originally built by the WPA in the 1940s. Visit www.iroquoisamphitheater.com for more information.



04
06
37
38



Cherokee Park

Eastern Parkway
and Cherokee Road

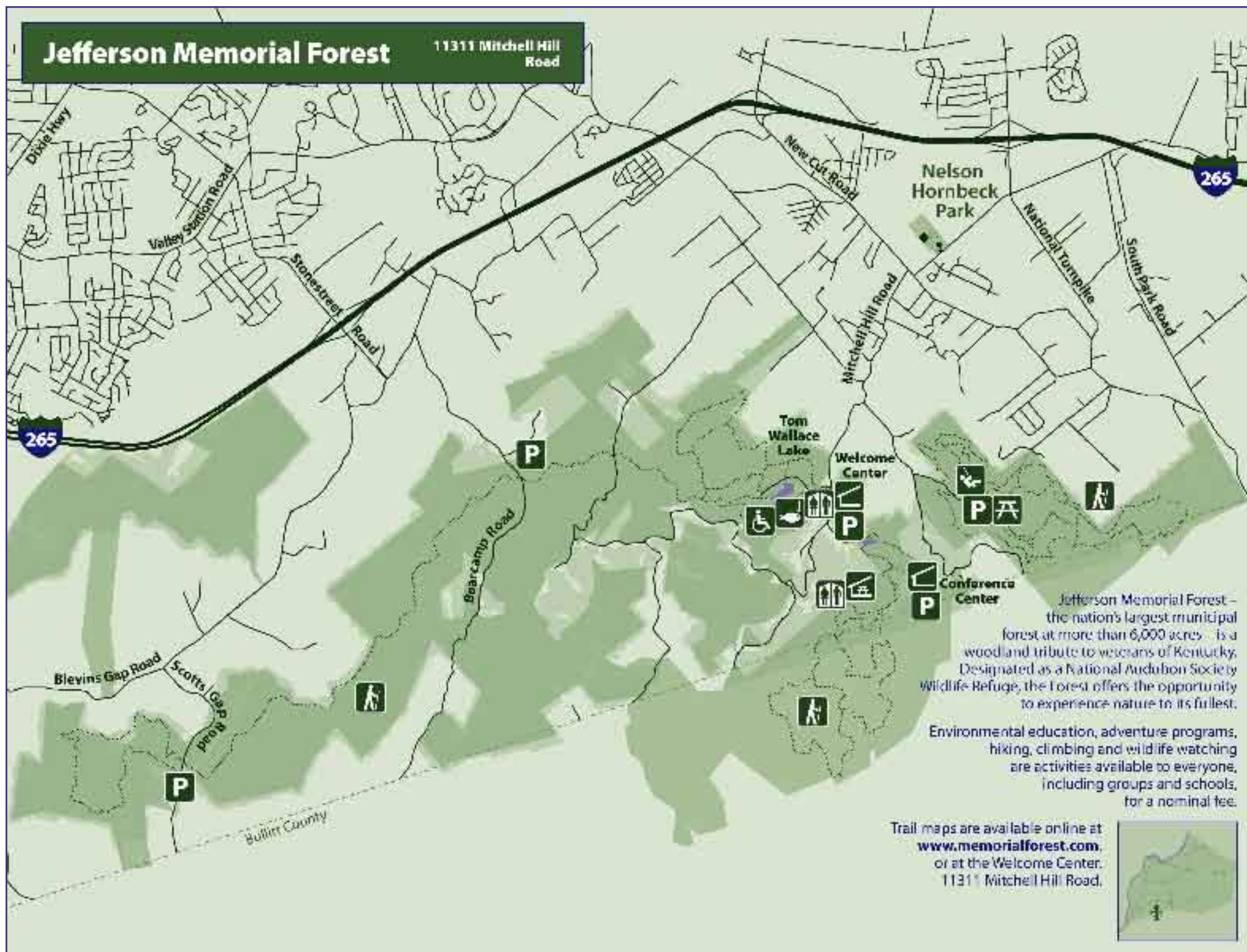
Seneca Park

Taylorsville Road and
Pee Wee Reese Road



Jefferson Memorial Forest

11311 Mitchell Hill
Road



Jefferson Memorial Forest – the nation's largest municipal forest at more than 6,000 acres – is a woodland tribute to veterans of Kentucky. Designated as a National Audubon Society Wildlife Refuge, the Forest offers the opportunity to experience nature to its fullest.

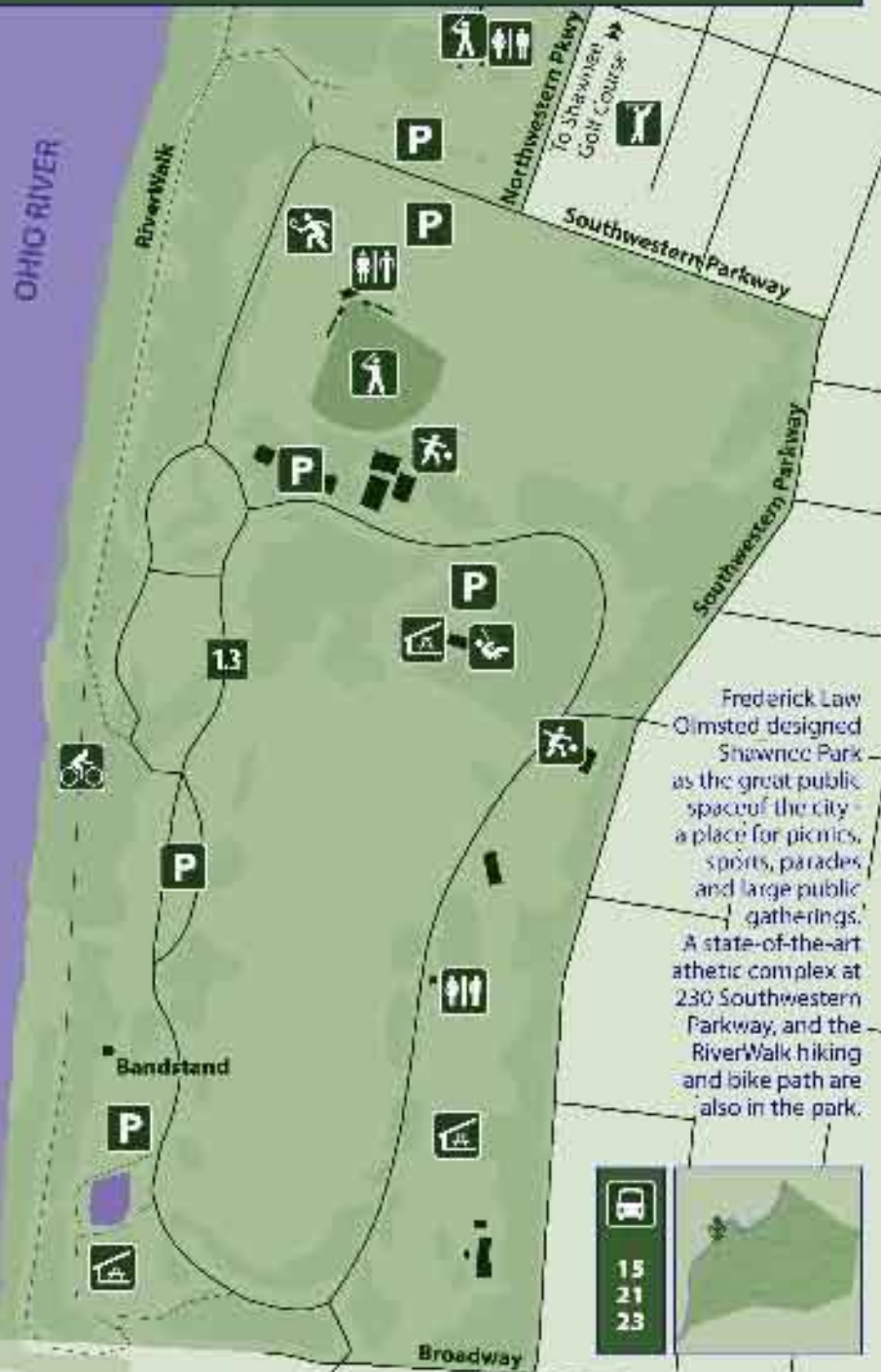
Environmental education, adventure programs, hiking, climbing and wildlife watching are activities available to everyone, including groups and schools, for a nominal fee.

Trail maps are available online at www.memorialforest.com, or at the Welcome Center, 11311 Mitchell Hill Road.



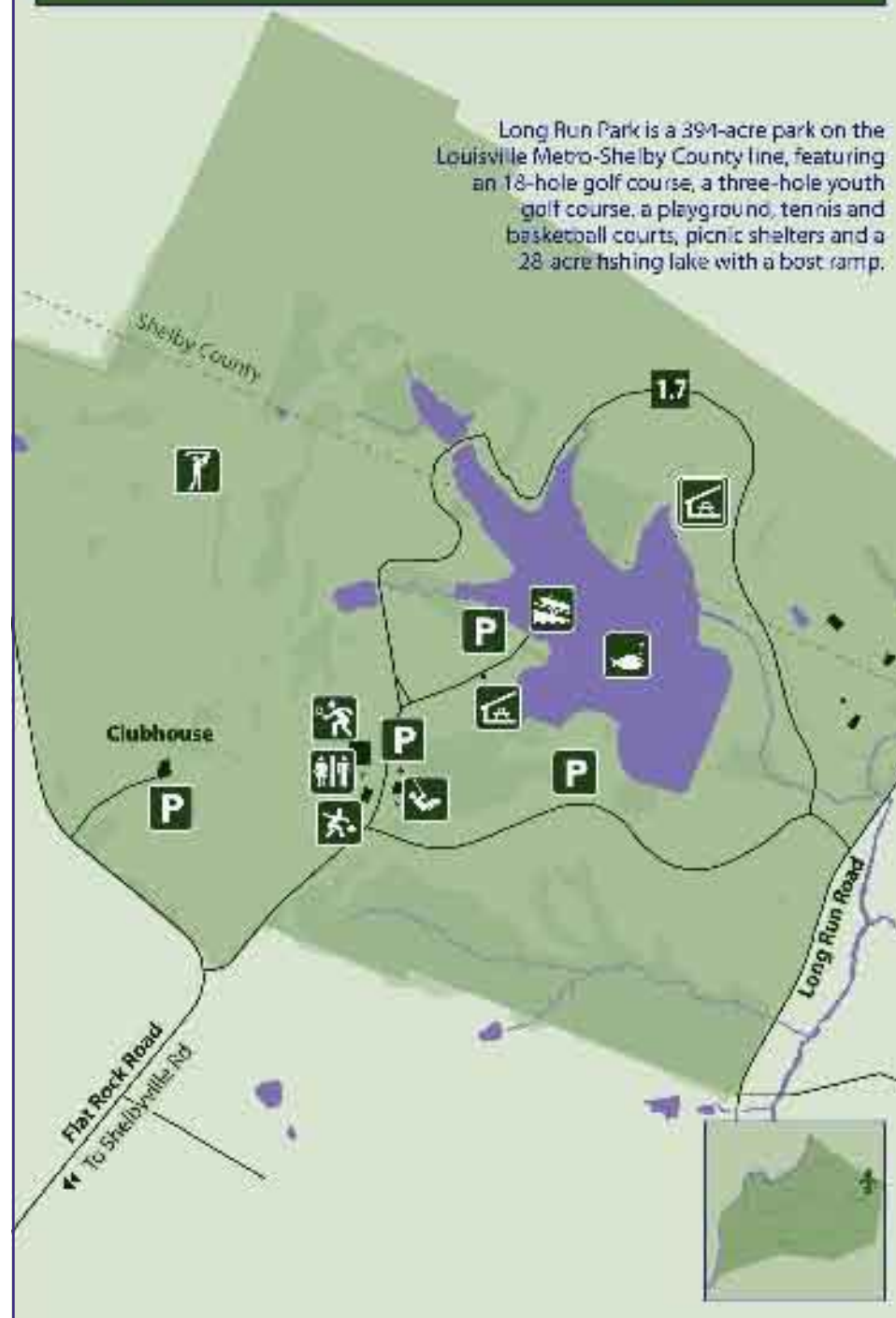
Shawnee Park

Broadway and
Southwestern Parkway



Long Run Park

Flat Rock Road off
Shelbyville Road



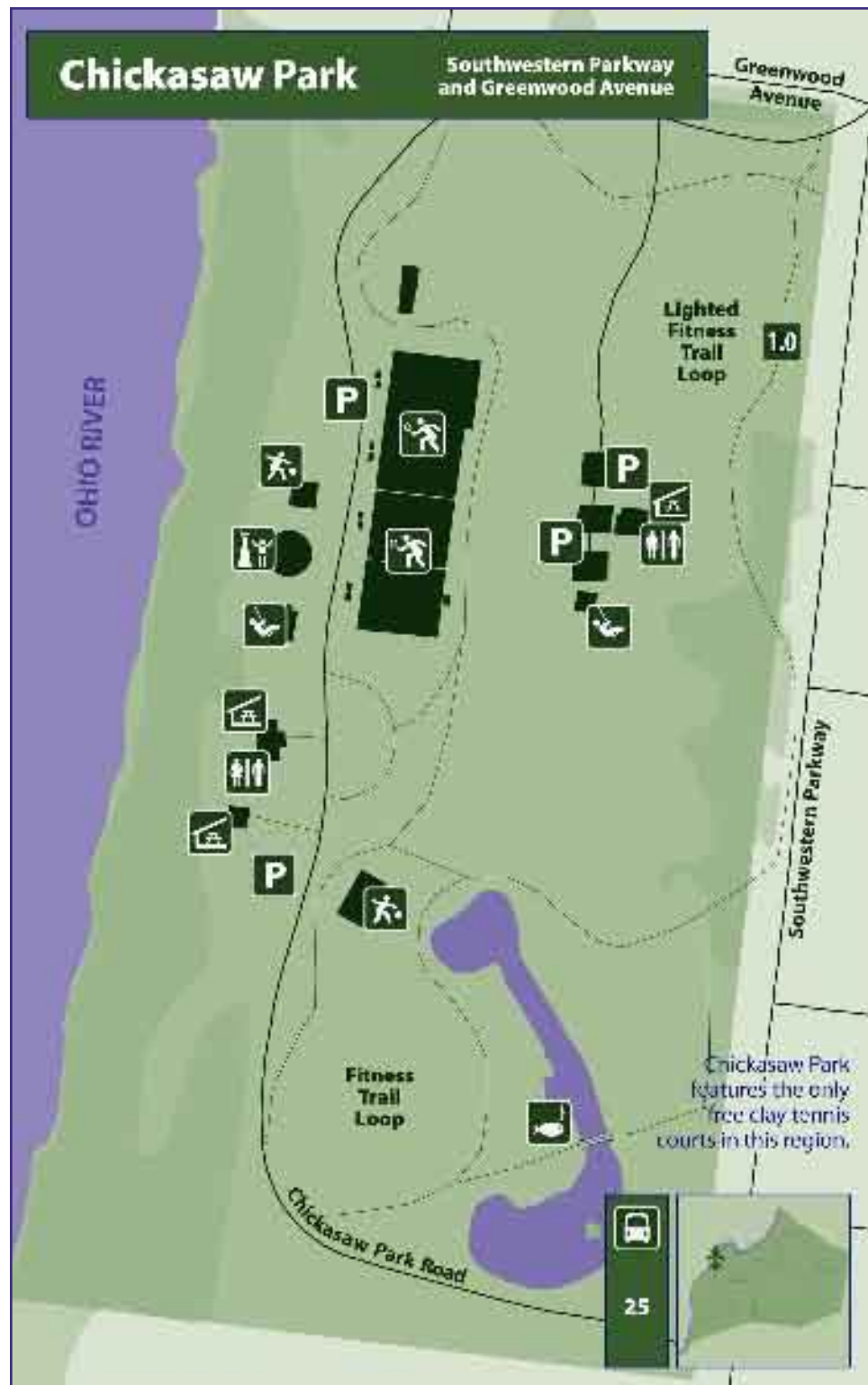
Thurman Hutchins Park Carrie Gaulbert Cox Park

River Road
and
Indian Hills Trail



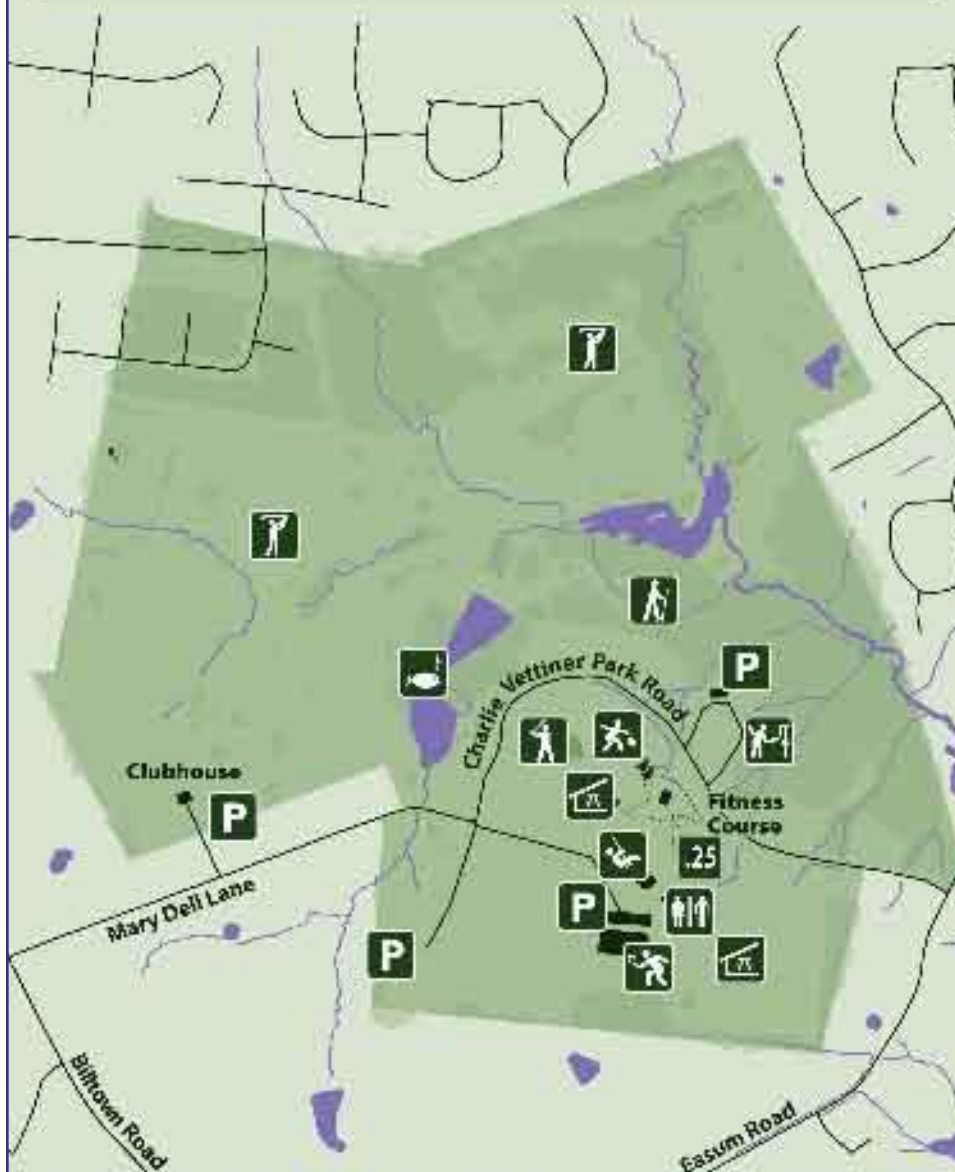
Chickasaw Park

Southwestern Parkway
and Greenwood Avenue



Charlie Vettiner Park

Mary Dell Lane near
Billtown Road



Charlie Vettiner Park is a 283-acre park that serves Jeffersontown and surrounding neighborhoods. It includes an 18-hole golf course, a small fishing lake, tennis courts, a playground and a new 18-hole disc golf course.



Paths and Trails

Cross Country

Joe Creason Park
1297 Trevilian Way
3.1 to 6.2 miles

Seneca Park
Cannons Ln and
Pee Wee Reese Rd
3.1 miles

Hiking

Cherokee Park ♦
Eastern Parkway at Cherokee Rd
Iroquois Park ♦
Taylor Blvd and Southern Pkwy

Jefferson Memorial Forest
11311 Mitchell Hill Road
30 miles of trails, plus a paved
disability-accessible trail. 368-5404

Hays Kennedy Park
Bass Road off River Road
Trails in Garvin Brown Preserve
managed by River Fields. 583-3060

McNeely Lake Park
Cooper Chapel Rd at Lakeview Dr

Otter Creek Park
850 Otter Creek Park Road
Brandenburg, KY
21 miles of hiking and biking trails.
574-4583

Charlie Vettiner Park ♦
Mary Dell Lane off Billtown Road

Waverly Park ♦
Arnoldtown Road and Clayton Ter

Walking and Exercise

Algonquin Park
Cypress and Burwell Street
0.25 mile, walking

Beargrass Creek Greenway ▼
Grinstead Drive to Spring Street
1.33 miles, multi-use

Butchertown Greenway ▼
Brownsboro Road to River Road
0.5 mile, multi-use

Camp Taylor Memorial Park
Poplar Level Road and Lincoln Ave
1 mile, fitness • .33 mile, walking

Cane Run Road Park
Cane Run Road south of Lees Ln
0.75 mile, walking

Cherokee Park ▼
Eastern Pkwy and Cherokee Rd
Baringer Path • 0.6 mile, multi-use
Scenic Loop • 2.4 miles, multi-use
Willow Pond • 0.375 mile, walking

Chickasaw Park
Southwestern Parkway
and Greenwood Avenue
1 mile, fitness

**Carrie Gaulbert
Cox Park**
River Road and Indian Hills Trail
1 mile, multi-use

Des Pres Park
Lowe Road off Taylorsville Road
0.5 mile, walking

Flaget Field Park
45th Street and Greenwood Ave
0.25 mile, walking

Highview Park
Briscoe Ln and Vaughn Mill Rd
0.25 mile, walking

Iroquois Park ♦ ▼
Taylor Blvd and Southern Pkwy
New Cut Rd Path • 1.6 miles, multi-use
Rundill Road • 3.5 miles, multi-use
Summit Hill • 0.25 mile, walking
Toppill Road • 0.5 mile, multi-use
Uppill Road • 1.5 miles, multi-use

Jefferson Memorial Forest
11311 Mitchell Hill Road
Tom Wallace Recreation Area •
0.25 miles, walking

Hays Kennedy Park
Bass Road off River Road
0.75 mile, walking

Klondike Park
Klondike Lane near Vogue Avenue
0.33 mile, walking

Long Run Park
Flat Rock Road off Shelbyville Rd
1.7 miles, multi-use

Ohio River Levee Trail ▼
Farnsley-Moreman Landing
to north of Riverview Park
6.5 miles, multi-use

Petersburg Park
Indian Trail west of Newburg Road
0.35 mile, walking

RiverWalk ▼
Fourth St/River Rd to Chickasaw Park
Includes Chickasaw, Lannan and
Shawnee Parks. Call 574-3111.
• 6.9 miles, multi-use.

**Roberson Run
Walking Path**
Judge Boulevard and Famous Way
0.5 mile, multi-use

Seneca Park ●
Cannons Ln and
Pee Wee Reese Rd
1.2 miles, walking

Shawnee Park ●
Broadway and Southwestern Pkwy
1.3 miles, fitness

South Central Park
Colorado and Weller Avenues
0.33 mile, walking

Southern Parkway Bridle Path ▼
Western Side
2.6 miles, multi-use

Thurman Hutchins Park ●
River Road and Indian Hills Trail
0.9 mile, walking

Tyler Park
Baxter Avenue and Tyler Park Drive
0.125 mile, walking

Upper River Road Path ▼
Zorn Avenue to Indian Hills Trail
1.125 miles, multi-use

Charlie Vettiner Park
Mary Dell Lane off Billtown Road
0.25 mile, fitness

Watterson Lake
Wheatmore Drive off Manslick Rd
0.25 mile, walking

Wyandotte Park
Taylor Boulevard and Beecher St
.25 mile, walking

♦ Includes unmarked trails

● Includes Mayor's Miles dots

▼ Includes bike trails and/or paths



METRO Parks

Questions for Metro Parks?

phone • 502/456-8100

fax • 502/456-8111

website • www.metro-parks.org

email • parks@louisvilleky.gov



MetroCall 311

Connect to Your
Government Anytime

To report problems 24 hours a day.

Metro Parks on the Web

Visit www.metro-parks.org to find information and maps for all 123 local parks, along with our downloadable Recreation Guide and other information about the recreation programs we offer, through 17 community centers, 12 swimming pools, 9 golf courses and many other facilities.